

Assessment of physical activity in adolescent students through questionnaire [Valoración de la actividad física en adolescentes escolares por medio de cuestionario]

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Objectives: To compare parameters of physical activity (PA) among school age adolescents of both sexes and propose evaluation curves to estimate physical activity levels in students of an educational establishment of the Municipality of Talca, Chile. **Subjects and methods:** The type of study was descriptivecomparative. 1448 adolescent students (749 women and 699 men) from the municipal School of Excellence "Abate Molina" in Talca were studied. Age range was 12.0 to 18.9 years. Physical activity was assessed by a questionnaire including 11 questions. The LMS method was used to estimate centiles valuation ranging from p3, p10, p25, p50, p75, p90 and p97. **Results:** The questionnaire showed a Cronbach's alpha of $r = 0.82$ in men and $r = 0.79$ in women. Males achieved a score of 28.46 ± 6.88 and women 23.88 ± 5.69 . The breakpoints adopted for levels of physical activity are: $<p3$ very low level of PA; $p3-p25$ low level PA; $p25-p75$ moderate level of PA; $p75-p97$ high level of PA and > 97 very high level of PA. **Conclusion:** Female adolescents showed lower levels of PA in relation to males. The curves for assessing PA are an alternative to be applied in the School "Abate Molina" as part of routine physical education classes and its use could be extended to other schools in the Municipality of Talca. **Key words:** Physical activity, teenagers, weight curves, physical activity questionnaire. © 2014, Sociedad Chilena de Nutricion Bromatologia y Toxilogica. All rights reserved.

Physical activity

Physical activity questionnaire

Teenagers

Weight curves